

Title: Walking for Health

Objectives For total fitness and overall health, use of pedometer for calculating steps for walking will be explored and math concepts reinforced.														Time frame to Complete 1 hour									
														NRS EFL 4									
Stackable Cert.	Documentation	Technology	Study / Life skills	EL-Civics	Career Pathways	Police	Paramedic	Fire Rescue	Medical Asst.	EKG / Cardio	Phlebotomy	Practical Nursing	Healthcare Admin	Pharmacy Tech	IMT	AMT	HVAC	Welding	Other:				
			X						X	X		X	X	X									
Standard(s) Addressed in Lesson Use Math to Solve Problems and Communicate																							
Benchmark(s) Addressed in Lesson M.4.1 Connect a wide range of number words and numerals, including fractions, decimals and whole numbers, to the quantities they represent. M.4.4 Compare and order equivalent forms of commonly used fractions, decimals and percents. M.4.5 Estimate (when appropriate) and compute solutions to problems involving fractions, decimals, ratios, proportions and percents. M.4.22 Calculate basic measures of central tendency (mean, median, mode) and variability (range). M.4.31 Represent contextual situations using mathematics.																							
Materials Paper and pencils <i>Walking for Health</i> worksheet Pedometer																							
Learner Prior Knowledge Multiplication facts, division skills, ratio, mean, median, percent, fractions																							
Activities <u>Step 1</u> Teacher and students discuss ways to improve overall health by walking more. <u>Step 2</u> Teacher shows students pedometer, if possible. Students may take turns walking around the classroom or up and down the hallway in order to count steps. <u>Step 3</u> Teacher reviews the definitions of multiplication and division, ration, mean, median, percent, and fractions. <u>Step 4</u> Teacher distributes the <i>Walking for Health</i> worksheet. Students complete independently. When finished, go over the results as a class. Further information can be found at: http://www.mayoclinic.com/health/walking/SM00056_D or www.pbs.org/americaswalking/health .																							

Assessment/Evidence

Completed worksheet

Adaptations for Beginning Students

Individual assistance and/or use of a calculator

Adaptations for Advanced Students

Further research online

Teacher Reflection/Lesson Evaluation

This lesson was created by Middletown ABLE.

Walking for Health

A pedometer is a small device that will help you track the number of steps you take in a day. A good goal for health benefits is 10,000 steps per day. Look at the following problems:

1. Jane walked 50,000 steps this week. Did she meet her goal? Write a ratio of the goal to the actual steps taken.
2. Carrie tracked her walking goals for a month, (31 days). She met her 10,000 per day goal! How many steps did her pedometer register in a month if she took a break from walking on weekends?
3. Simon walked 8,000 steps on Monday, 10,000 on Tuesday, 3,000 steps on Wednesday, (he was sick), and 9,000 on Thursday. What was his average for the four days?
4. What was the median number of steps his pedometer registered?
5. Calculate the percent of increase in Mary's number of steps from 50,000 the week of February 14 to the 70,000 steps she took the week of February 21.
6. Thirty-six students in a wellness contest found that only 6 students did not meet their goal of 10,000 steps per day. What fraction is that? What %?

Walking For Health

Answer Key

1. No, $7/5$

2. 230,000

3. 7,500

4. 8,500

5. 40%

6. $1/6$, $16\frac{2}{3}\%$